




Tiverton Senior Center
207 Canonicus Street
Tiverton, RI 02878
Telephone 401-625-6790 Fax 401-625-6793

JULY 2023



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| 9:00 TOPS 3 9:00 Functional Fitness w/Deb 10-3 Quilting for Charity 12:30 PITCH 1-3 KARAOKE with Rick |  CENTER CLOSED TODAY! | 9:00 Functional Fitness w/Deb 5 12:30 Cribbage 12:30-3 LIVE MUSIC! | 9:00 Balance Class with Jess 6 10:15 LEARN the RECORDER <i>With Suzette & Rene</i> 1:00 BINGO! 1:00 Knitting for Charity | 8:45 ZUMBA with Jess 7 10:00 Functional Fitness w/Deb 11:00 Mah Jongg 1-3 GAME DAY |
| 9:00 TOPS 10 9:00 Functional Fitness w/Deb 9:00 TOPS 10-3 Quilting for Charity 12:30 PITCH 1-2 Learn UKULELE w/Otis 2:30 Care Giver Support Group | 9:00 CHAIR YOGA w/Shirley 11 Office of Healthy Aging VISIT 11:00 MahJongg 1:00 DRUMS ALIVE! 2:15-3:45 Art w/SHAWNDAVID | 9:00 Functional Fitness w/Deb 12 12:30 Cribbage 12:30-3 LIVE MUSIC! | 9:00 Balance Class with Jess 13 10:15 LEARN the RECORDER <i>With Suzette & Rene</i> 1:00 BINGO! 1:00 Knitting for Charity | 8:45 ZUMBA with Jess 14 10:00 Functional Fitness w/Deb 11:00 Mah Jongg 1-3 GAME DAY |
| 9:00 TOPS 17 9:00 Functional Fitness w/Deb 10-3 Quilting for Charity 12:30 PITCH 1-2 Learn UKULELE w/Otis | 9:00 CHAIR YOGA w/Shirley 18 11:00 Mah Jongg 1:00 DRUMS ALIVE! 2:15-3:45 Art w/SHAWNDAVID | 9:00 Functional Fitness w/Deb 19 10:00 Computer Tutorial 12:30 Cribbage 12:30-3 LIVE MUSIC! | 9:00 Balance Class with Jess 20 10:00-11:30 Nurse Terri Gomes Blood Pressure Screenings 10:15 LEARN the RECORDER 1:00 BINGO! 1:00 Knitting for Charity | 8:45 ZUMBA with Jess 21 10:00 Functional Fitness w/Deb DRAGON FLOWER MAHJONGG TOURNAMENT |
| 9:00 TOPS 24 9:00 Functional Fitness w/Deb 10-2 BEA Smith STORE 10-3 Quilting for Charity 12:30 PITCH 1-2 Learn UKULELE w/Otis 2:30 Care Giver Support Group | 9:00 CHAIR YOGA w/Shirley 25 11:00 MahJongg 1:00 DRUMS ALIVE! | 9:00 Functional Fitness w/Deb 26 12:30 Cribbage 12:30-3 LIVE MUSIC! | 9:00 Balance Class with Jess 27 10:15 LEARN the RECORDER <i>With Suzette & Rene</i> 1:00 BINGO! 1:00 Knitting for Charity | 8:45 ZUMBA with Jess 28 10:00 Functional Fitness w/Deb 11:00 Mah Jongg 1-3 GAME DAY |
| 9:00 TOPS 31 9:00 Functional Fitness w/Deb 10-3 Quilting for Charity 12:30 PITCH 1-2 Learn UKULELE w/Otis | Mahjongg Tournament Friday, July 21st 10 a.m. to 3 p.m. Cost \$35 Learn more in office |  |  BEA SMITH Traveling Store Monday, July 24th 10 a.m. to 2 p.m. |  |

